Kupuna Ranger
National Park Service
U.S. Department of the Interior
Pu’uhonua o Hōnaunau
National Historical Park

ACTIVITY BOOKLET FOR AGES 13 AND ABOVE
KUPUNA RANGER

Aloha! Pu‘uhonua o Hōnaunau National Historical Park is a legendary place with deep significance to Hawaiian culture and history. Here, the royal grounds, the *pu‘uhonua* (place of refuge), and sacred temple sites have been preserved for this and future generations.

*Kupuna* is an elder, a grandparent, or a wise community member rich with life experience. Traditionally, kūpuna were teachers and caretakers of *keiki* (children), they were regarded with great respect.

Kūpuna rangers have the knowledge of how to preserve special places and not destroy them and they pledge to share this knowledge with others.

INSTRUCTIONS

Read the park brochure and take the self-guided walking tour.

Complete this **entire booklet** to earn a Kupuna Ranger Badge.

Bring the completed booklet to the visitor center **by 4:00 PM** any day.

Have fun! Mahalo for learning and sharing the Hawaiian culture!
‘ŌLELO HAWAI‘I

The Hawaiian alphabet has 13 letters; 5 vowels and 8 consonants: A E I O U H K L M N P W

A =“ah”   E =“eh”   I =“ee”   O =“oh”   U =“oo”

= ‘okina, or glottal stop. Creates a break in sound.

Ō = kahakō, or line over the vowel. Hold the sound under the line longer.

Practice saying the name of the park:

Pu‘uhonua o Hōnaunau

Poo-oo-ho-noo-ah o Hō-now-now

LEARNING HAWAIIAN

Discover which ocean plant or animal has a counterpart on land. Find the matching name and circle it!

<table>
<thead>
<tr>
<th>Ocean</th>
<th>Land Plant</th>
</tr>
</thead>
<tbody>
<tr>
<td>puhi laumilo = an eel</td>
<td>milo tree</td>
</tr>
<tr>
<td>heʻe = octopus</td>
<td>alaheʻe tree</td>
</tr>
<tr>
<td>‘aʻalaʻula = a green seaweed</td>
<td>‘alaʻala wai nui herb</td>
</tr>
<tr>
<td>‘aʻawa = Hawaiian hogfish</td>
<td>‘awa plant</td>
</tr>
<tr>
<td>‘akiʻaki = a red seaweed</td>
<td>mānienie ‘akiʻaki grass</td>
</tr>
</tbody>
</table>
Early Polynesians migrated to Hawai‘i by canoe, they brought with them over 23 species of precious plants.

*Niu*, the coconut palm had over 50 uses! From it came food and water. It is called “the tree of life”.

*Ipu*, or Hawaiian gourds, were used to make containers, drums, rattles and head masks.

*Noni*, or Indian Mulberry, was used medicinally and the roots and bark made dyes for *kapa*.

*Lauhala* (hala leaves) were plaited into sails, mats, and containers. Pandanus seeds were used as brushes.

**WORD SEARCH**

Using the word list below, circle the names of 11 canoe plants in this puzzle.
1. What are some other uses for these ocean resources?

<table>
<thead>
<tr>
<th>'OPIHI (LIMPET)</th>
<th>PA‘AKAI (SEA SALT)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish scaler</td>
<td>Medicinal uses</td>
</tr>
<tr>
<td>Bark scraper</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I‘A (FISH)

- Ho‘okupu (offering)
- 
- 

LIMU (SEAWEED)

- Ho‘okupu (offering)
- 
- 

2. List or draw three more ways Hawaiians connected with the ocean in ancient times.
KANAKA MAOLI (NATIVES)

ALI‘I: FIND THE ITEM DESCRIBED AND LABEL IT WITH THE CORRECT LETTER

___ Kāhili; feather standard symbolic of royalty

___ Mahiole; helmet woven from ‘ie ‘ie with feathers attached

___ Lei; neck lei worn by royalty made of bird feathers (lei hulu)

___ Lei po‘o; head lei (feathers)

___ Kapa; garment made from the beaten inner bark of wauke

___ ‘Ahu‘ula; royal cloak made of olonā netting and bird feathers

___ Lei niho palaoa; neck ornament of shaped whale ivory and braided human hair

___ Kāma‘a; ti leaf sandals
KANAKA MAOLI (NATIVES)

MAKAʻĀINANA: FIND THE ITEM DESCRIBED AND LABEL IT WITH THE CORRECT LETTER

___ ‘Ahu mai‘a; a cape made of netting and banana leaves
___ I‘e kuku and kua; wooden kapa beater and anvil
___ Kāmaʻa; ti leaf sandals
___ Lei; Lei of twisted ti
___ Malo; loincloth worn by kāne (men)
___ Lei poʻo; head lei (leaves)

___ Pāʻū; a wrap worn by women made traditionally made of kapa
___ Moena; a mat plaited from lauhala by expert weavers
HAWAIIAN CROSSWORD PUZZLE

TIP:
Don’t forget the ‘okina!
SOLVE THE CROSSWORD PUZZLE
USING THE CLUES BELOW

Across
2. Medicinal plant used to treat boils, wounds, and fractures
3. Fish
6. An ancient temple thought to be built in 7 stages
8. The first King of Hawai‘i
12. “Tree of life”
13. Carved wooden images of the gods
14. Canoe
16. Hale o _____
17. Hawaiian Green Sea Turtle
18. Priest
20. Playing surface for kōnane
21. This district

Down
1. This island (see map on opposite page)
4. Chief or member of a royal family
5. Spiritual power found in everything
7. Seaweed
8. A chief who would relax in the refuge upon a stone
9. The largest active volcano on Earth; _____ Loa
10. Pounded kalo (taro); a staple of the Hawaiian diet
11. _________ o Hōnaunau National Historical Park
13. Sacred laws punishable by death
15. Hawaiian temple
19. A ceremonial drink derived from the root of this plant
Kamiki has just endured a harrowing journey from Kohala; having broken the *kapu*, his punishment is death! Warriors have chased him 50 treacherous miles, help Kamiki swim to refuge!
### PUʻUHONUA HISTORY

**FILL-IN THE BLANK USING THE WORD LIST**

<table>
<thead>
<tr>
<th>King Kamehameha</th>
<th>puʻuhonua</th>
<th>warriors</th>
<th>jail</th>
<th>death</th>
</tr>
</thead>
<tbody>
<tr>
<td>chiefs</td>
<td>______</td>
<td>______</td>
<td>______</td>
<td>makaʻāinana</td>
</tr>
<tr>
<td>kapu</td>
<td>balance</td>
<td>priest</td>
<td>gods</td>
<td></td>
</tr>
</tbody>
</table>

1. The *aliʻi* were powerful ______________, they had incredible inherited *mana* (spiritual power).

2. Both *aliʻi* and *makaʻāinana* (commoners) lived under the __________ system.

3. If you were caught breaking the *kapu*, the punishment could be ____________.

4. Once you reached the refuge, the ____________ would perform a purification ceremony.

5. The royal grounds were forbidden to ____________.

6. *Kapu* was a way to manage the land and sea and maintain the ____________ of nature.

7. Early Polynesians worshipped many ____________. At Hale o Keawe, Lono and Kū are represented.

8. Defeated ____________ would retreat to the refuge.

9. There was a ____________ in every district.

10. Hawaiians practiced these traditions until the death of ________________ in 1819.
Life in an *ahupuaʻa*

Each region in a traditional land division contained everything Hawaiians families needed to thrive. Study the picture below then label three resources from **each** region of the *(ahupuaʻa)*.

“Ke ahupuaʻa” by Mele McPherson. Contributed by Hale Kuamoʻo.
CULTURAL ARTIFACTS

Hawaiians had a deep relationship with the land, sea, and spiritual world. Everything was crafted by hand.

CONNECT THE ARTIFACT TO ITS NAME

KIʻI- Wooden carvings that surround heiau. They represent the many gods.

WAʻA- Made from the protected resources of the forest; used for fishing and transportation.

‘UMIʻI- Fish traps were an important fishing technique, this was woven from ‘ie ‘ie.

PAPAMŪ- A playing surface for the game kōnane; carved into stone as a petroglyph.

LELE- Hoʻokupu (offerings) are placed here with prayer and gratitude for the gods.

PAHU- Temple drum carved from coconut trunk and finished with shark skin.
MĀLAMA – TO CARE FOR

EXPLAIN EACH OF YOUR ANSWERS BELOW

1. Why is it important to protect archeological and historical sites in places like Puʻuhonua o Hōnaunau?

2. Are visitors allowed to take rocks and coconuts from the *puʻuhonua* as souvenirs?

3. Is it acceptable to climb on the Great Wall or enter Hale o Keawe?

4. Are families allowed to picnic and swim at Keoneʻele Cove?

5. Endangered species are protected, what is an appropriate distance for taking pictures of them?
Puʻuhonua o Hōnaunau National Historical Park

For successful completion of the Kupuna Ranger Program,

is hereby declared to be a Kupuna Ranger

Park Ranger  Date
Nānā ka maka;
hoʻolohe ka pepeiao;
paʻa ka waha.
Observe with the eyes;
Listen with the ears;
Shut the mouth.
(Thus one learns.)